

Haloumi Tacos with Rainbow Slaw

Pack these tacos as a wrap for lunchboxes, or turn the filling into rice paper rolls which are great for active kids who eat on the run, and a gluten free option packed full of flavour.

The rainbow slaw contains an abundance of nutrients such as immune boosting vitamins A, C and E, folate, omega 3 fatty acids, magnesium and fibre. The slaw can be made in bulk at the start of the week to cover a couple of lunches and dinners as it will keep well, without dressing, in an airtight container.

The zesty avocado dressing is a good source of healthy healthy fats and fibre, and also helps to hold the slaw together in the wrap making it easier to eat.



Allergens:

Lactose Free Options | Gluten free | Vegetarian Options | Nut Free | Vegan Options | Low FODMAP Options | Egg Free | Dairy Free Options | Grain Free Options | Wheat Free Options | Soy Free | Seafood Free

Recipe:

Family friendly | Leftovers | Dinner | Lunch

Preparations time: 15mins

Cooking time: 2 mins

Serves: 4-6

Ingredients

1 packet haloumi, sliced into strips=

Rainbow Slaw:

1 cup shredded fresh raw beetroot or red cabbage

2 carrots, grated

1 cup shredded kale

1 cup shredded green cabbage

Avocado Dressing (optional)

1 avocado

1 lime, juiced

Salt and pepper

To serve:

Wholegrain wraps, rice paper or lettuce leaves to wrap the filling.

Instructions



1. To make the avocado dressing, combine the avocado flesh, lime juice, salt and pepper in a blender and blend until smooth. Add a little olive oil if needed to create a smoother texture.
2. Meanwhile, heat a BBQ grill or fry pan, and heat the haloumi strips over medium high heat for a minute either side until golden. Remove from the heat.
3. Combine all the slaw ingredients in a bowl and toss until well combined.
4. To serve the tacos, top your wrap of choice with a scoop of slaw, a few sliced of grilled haloumi and drizzle with avocado dressing.

Variations & Substitutions

Shortcuts:

- The slaw can be made in bulk at the start of the week to cover a couple of lunches and dinners as it will keep well, without dressing, in an airtight container.
- Rather than making the dressing, simply slice up some avocado to add to the wraps.
- Alternate with haloumi, leftover chicken or meat for lunch variation without a heap of recipes and meal prep.

Try wrapping the haloumi, slaw and dressing in a sheet of rice paper that has been run under a tap to soften to make leftovers easier in lunchboxes.

For a dairy free or vegan option, swap the haloumi for tempeh.

For a low FODMAP option, omit the garlic and onion, and omit or limit the avocado to no more than 1-2 tsp. Add in 1 tbsp chopped chives with the basil.

For a low oxalate version, omit the avocado dressing, or limit your serve to no more than 2 tsp of the dressing.